The Nest

and Training Calendar

HOWARD COUNTY
**Child Care
Resource Center**

Nest *n. 1. A shelter constructed by a bird to hold its eggs and young. 2. A warm, cozy place.*

Welcome to the 49th issue of *The Nest*, the Office of Children's Services newsletter and training calendar for early care and education professionals.

In this issue:
- Outdoor Pretend Play
- Building Resiliency
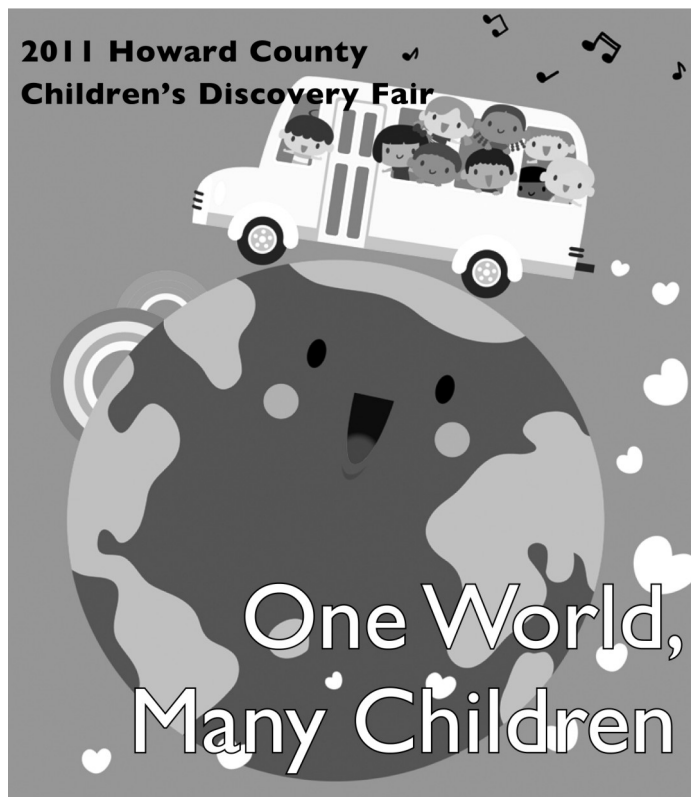- Healthy Beginnings

Fun, Free, <u>and</u> Educational – it's the 8th Annual Children's Discovery Fair!

Join us on **Saturday, April 9**, at the eighth annual Children's Discovery Fair! This free event for preschoolers, parents, and caregivers will take place from 10 am to 1 pm at the East Columbia Branch Library. The event, sponsored by the Early Childhood and Child Care Coalition, celebrates the Month of the Young Child, and offers fun, hands-on learning activities for children ages 3 - 5 years old. While children enjoy playing games, crafting, dancing, and making music, their parents will learn important information about school readiness and community resources.

This year's theme, **One World, Many Children**, focuses on multicultural games and activities that cross all learning domains. Children may be invited to build self-calming techniques with yoga poses from India, listen to a story about Chinese New Year and make a Spring Festival dragon streamer to practice reading comprehension, or build a South American rain stick while engaging in tactile experience and exploration of art materials. Each activity includes takeaway information for parents to help them understand school readiness, learning domains, and easy ways to begin helping their young children prepare for school with simple activities at home. The Library will have books on display that support and build on many of these games, crafts, and activities. In addition, the Library's Summer Reading Program, which begins June 1, will share a similar multicultural theme - *One World, Many Stories.*

Last year's Discovery Fair attracted more than five hundred children and parents! We hope you will bring your own children or grandchildren and join us this year to have fun while learning about different cultures. Be sure to tell the parents of children in your program about this free opportunity!

**2011 Howard County
Children's Discovery Fair**

One World,
Many Children

Quick Reference

Maryland Poison Center
1-800-222-1222

Howard County Office of Children's Services
410-313-1940

The CARE Center
410-313-CARE (2273)

Office of Child Care
410-750-8771

Howard County Family Child Care Association
301-776-4841

LOCATE: Child Care
(number for parents)
1-877-261-0060

LOCATE: Child Care
(number for providers)
1-866-752-1614

Maryland State Family Child Care Association
301-871-6810

Howard Co Health Dept
410-313-6300

Child Care Food Program
410-256-9774

Child Protective Services
410-872-4203

Grandparents as Parents
410-313-2273

Maryland Children's Health Program
410-313-7500

Maryland Family Network
410-752-7588

Child Care Subsidy
410-872-8700

Early Intervention
410-313-7017

Safe Kids Coalition
410-313-6090

Child and Adolescent Resources for Howard County Families

The CARE Center Corner

Although it is impossible to protect children from life's daily ups and downs, it is important for parents and caregivers to help children learn to respond to challenges in positive, healthy ways. This is called "building resilience," and it is one of the best things an adult can do to help a child develop tools and strategies to cope, recover from hardships, be prepared for future challenges, and succeed in life. Kaplan Early Learning recently released a list of the top ten things teachers and caregivers can do with children today to help promote resilience:

1. Read together every day. When children read with caring adults, they are comforted as well as challenged to open their minds to new ideas and new worlds.

2. Help children label feelings, starting with your own. This helps them understand their feelings, laying a foundation for positive ways of expressing those strong feelings.

3. Teach children tolerance. Help children create self-portraits, focusing on what makes them unique. Talk about all we have in common, and what makes us each special.

4. Enjoy one-on-one time with every child. Discover their strengths and interests to build strong bonds and healthy relationships.

5. Guide behavior in positive ways. State rules in positive ways, such as "Please use kind words," instead of "Stop saying hurtful things," to help children learn patience, kindness, and acceptance.

6. Accept and celebrate what makes each child special. Take time to learn the strengths of every child.

7. Encourage independence. When a child is trying to master a new skill, provide only the support needed, then pull back when the child is on the verge of success.

8. Encourage cooperation. Foster collaboration by partnering children for an art project, having a small group toss a ball together, or deciding as a group how to solve a problem.

9. Encourage assertiveness. Teach children a variety of ways to show what they want or need, such as a gentle tug on an adult's sleeve, a hand signal, or the word "no."

Professional Development Updates

CDA: Our CDA Prep Program provides 16 hours of required training and technical assistance, including developing a professional resource file and preparing for the interview and observations. Cost is $118. Classes begin this spring; please call for dates.

Maryland Credential: A Maryland Credential class will be held on May 17th; see the enclosed calendar for details.

Congratulations to **Oakland Mills Nursery School** for receiving MSDE Accreditation!

**For more information, call
Joan Johnson at 410-313-1432.**

10. Smile, touch, hug, love. Non-verbal communication is essential. Nurture, listen to, and love each child, so that they know they are safe and can grow.

For more ideas on building resilience in children, contact the CARE Center at 410-313-CARE.

Healthy Beginnings

MSDE is starting a new effort to support development and learning from birth through three years of age. Healthy Beginnings will help parents and caregivers nurture the tremendous potential for learning and growth that every child is born with. New trainings designed especially for child care professionals will be offered by OCS later this year.

In the meantime, MSDE has launched a new Healthy Beginnings website, located at www.marylandhealthybeginnings.org, is a great resource for information related to the care of very young children. You can get information on physical, cognitive, language, and personal and social development, or search for activities by age and learning domain. Just choose the child's age, and the location where the activity will take place (such as At Home, On the Go, or In the Kitchen), and you'll get a list of three possible activities, including photos and learning outcomes.

Ask Joan

Our Technical Assistance Specialist, Joan Johnson, is a fantastic resource for questions or concerns you may have about running your business, regulations, marketing, training, accreditation...the list is endless! If you have a question you'd like answered, please contact Joan: jmjohnson@howardcountymd.gov or 410-313-1432.

If I need 24 hours of training for my license renewal, can I take all 24 hours in one year? Family child care providers and center teachers are required to complete a minimum of 12 clock hours of training per year - renewals are every two years, but you are expected to take 12 hours of training each year. You can accomplish this either by attending 12 hours worth of Core of Knowledge workshops (for example, the workshops listed in this calendar), or by attending a combination of 6 hours Core of Knowledge trainings, and 6 hours Electives. (Elective training hours are usually completed by attending conferences or workshops offered by organizations without an MSDE training number.) To ensure that training is accomplished in the proper year, family providers should refer to the dates on their OCC registration. Center teachers should refer to their date of hire. The Office of Child Care offers a form called *Professional Development Plan for Continued Training* that you can use to track your workshops.

Outdoor Pretend Play

In our last issue, we wrote about the importance of allowing children time to engage in pretend play, which helps children develop their language, intellectual, social, and motor skills. Now that the weather is warming up, consider ways to encourage children to take their make-believe outside! Outdoor play is valuable for many reasons: it provides opportunities for pretend play, physical activity, and fresh air. The entire outdoors is a science lab for young children, complete with plants, sky, water, insects, and wildlife.

The natural world provides plenty of props for make-believe, and adults can simply follow a child's lead. Children are likely to use natural materials that they find outside, such as water, dirt, sticks, sand, plants, rocks, pinecones, shells, and leaves, in creative ways. Small sticks of different sizes become a family, a hole full of water is a lake, and leaves become boats. This variety and complexity invites longer and more complicated pretending. All of a child's senses are engaged in outdoor play - he can dig in the dirt, mix sand and water, smell flowers, watch earthworms, and feel the breeze in his hair and the sun on his face.
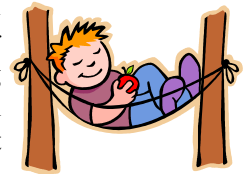
You can also provide additional props in your outdoor setting to promote imaginative play. Jungle gyms and riding toys lend themselves to active pretend play, and playhouses, forts, and tunnels encourage stillness during dramatic play. One study found that contemporary playgrounds, in which some structures are joined and connected while other spaces are left undefined, encourage more pretend play than traditional playgrounds with swings, slides, and seesaws.

When considering a space for outdoor pretend play, whether it's a neighborhood tot lot or your own backyard, keep in mind that children are most likely to enjoy outdoor pretend play when the environment includes:

- other people - children, parents, and caregivers
- plants and shrubs
- animals and insects
- dirt or sand
- places and structures to sit in, on, and under, lean against, or hide in
- open-ended equipment and materials that can be used in imaginative ways (jungle gym, playhouse or fort, picnic table, small shovel, blocks)

Pay attention to how children explore an outdoor space, and how play is initiated. Be a good playmate by following the child's lead and doing what she does, or begin the play yourself with imagination - for example, say, "This is going to be my house, and now I'm going to make dinner." Remember that pretend play, whether indoors or out, is a time when children express and represent their feelings in a safe setting, allowing them to learn how to deal with emotions, resolve conflicts, interact with others, and build competence.

Meet a Provider:
Mt. Hebron Nursery School

Mt. Hebron Nursery School is a private, non-sectarian, non-profit school for children ages 3 - 5 years. Parents may choose how many half-days a week their children attend, and 4-year-olds have the option of an additional enrichment class each afternoon. The director and staff have set a clear statement of philosophy and goals which parents find helpful. Their goals include helping children develop an interest in words and reading; an understanding and acceptance of themselves, with the result being a healthy and positive self-image; an understanding and acceptance of others, including family and friends; and the ability to express their emotions in constructive ways.

Classroom activities that are offered daily include fine motor skill builders such as puzzles, water and sand table, and art; gross motor activities such as large blocks, climbing, and dramatic play; and group activities like stories, sharing, and singing.

Community Notes

Howard County Family Child Care Association

The HCFCCA is a professional organization of family providers. Meetings are at 6:30 pm on the first Thursday of each month and include a training workshop (free for members, $10 for non-members). Upcoming training topics: April 7 - Transition to Kindergarten; May 5 - Caring for the Child Care Provider; June 2 - Mealtime Challenges. For more information, contact osing2@verizon.net or 410-461-3814.

Cash Reimbursement for Meals Served to Kids

Family providers and center programs can receive payments for meals served to eligible children through the Child and Adult Care Food Program. Get reimbursed for up to two meals and a snack per child, per day. Meals must meet USDA requirements. Reimbursements range from $.75 to $4.88 per child in center programs, and $1.92 to $4.00 per child in family child care programs. CACFP also provides training and technical assistance. Family providers should contact 410-256-9774 or visit www.theplanningcouncil.org. Centers should contact 410-767-0214 or www.eatsmartmaryland.org.

2011 GreenFest on April 2

Howard County will hold its fourth annual GreenFest on Saturday, April 2, from 10 am to 4 pm at Howard Community College. This free environment fair is fun for all ages, with activities, food, vendors, and speakers on this year's theme, Don't Waste Our Future! Reduce, Reuse, Recycle. For more information, please visit www.hcgreenfest.org.

Earned Income Tax Credit

Tax season is here! If you're not sure whether you qualify for the Earned Income Tax Credit this year, check out www.mdcash.org. The Maryland CASH (Creating Assets, Savings, and Hope) Campaign is a statewide network of organizations that promote stability for working families. Use the website to read up on financial education topics, and get information on credits and deductions you may be eligible for.

Kindergarten Registration

Kindergarten Registration begins in early March, but parents who miss the deadline should still register their children as early as possible. Please encourage your parents to contact their local elementary schools for more information!

Learning Activities

The Parents as Teachers Program is part of the Office of Children's Services. PAT Parent Educators visit families in the program to teach them about child development, parenting skills, and learning activities so they can be their child's first, best teacher. At each visit, the PAT Parent Educator shares information about the child's current stage of development and suggests easy, inexpensive activities using materials already around the house. The Parent Educator emphasizes why the activity is important, how it helps the child's development, and what the parent can observe about the child.

These activities would be a great addition to any child care program - it's always nice to have new, inexpensive ideas to help the children learn. We'll print a new PAT activity for you in each issue!

Homemade Books
developmentally appropriate for **preschool-aged children**

What you need:
- The child's favorite book
- Paper for the book cover
- Hole punch and fasteners (book rings, yarn, etc.)
- Markers, crayons, stamps, and stickers

What to do:
First, look at the book together. Point out the title, author, and illustrator. Use the book as an example so the child can create his own story and draw pictures to go along with it.

Have the child think of a title for his homemade book. For the cover, write his name as the author on heavy paper. Encourage him to write in whatever way he can, even if it's pretend writing.

Write part of the story on each page, have the child draw a picture on each page, and fasten all the pages together with the cover.

Read the book he has written back to him, and then have him read it to someone else.

What it means:
Children learn to write by writing, just as they learn to speak by speaking. The

development of early writing skills begins very early, as the child sees you reading and writing and tries to figure out how written language works. When a child practices writing with a purpose, he will want to use writing more and more.

Give children many opportunities to write. Collect different kinds of scrap paper and give them to the children to provide different sensations of writing on paper that is thick, rough, or slick. Let the child experiment with different writing tools, such as pencils, pens, markers, and crayons.

Encourage him to write while he is engaging in pretend play - for example, he can make a road sign for his cars, or write a grocery list before going shopping.

Write with the child, and show her how to make letters, especially the letters of her own name. Always keep learning time fun, and don't pressure a child to make the letters correctly. You'll find that children learn best by experimenting!

Howard County Office of Children's Services
Training Calendar

April
May
June
2011

- Pre-registration and payment are required in advance for all classes.
- Register online at www.howardcountymd.gov/children, or by mail or phone.
- A complete list of Registration Policies and Procedures is on page 11. For general information about workshops, please call us at 410-313-1940.

April 2011

S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Understanding Early Language and Literacy Development
Mon. April 4   6:30 - 9:30 pm   ALL Levels
Core Credit: 3 hrs (2 CD + 1 COM)   Ages: PS
$20   Instr: S. Peyser   Location: OCS
Children pass through typical stages as they gain language and literacy skills. Learn how children develop listening, talking, reading, and writing skills.

Infant/Toddler Module 11: Personal and Social Development
Tues. April 5   6:30 - 9:30 pm   ALL Levels
Core Credit: 3 hrs (1.5 CD + 1.5 CUR)   Ages: I/T
$15*   Instr: L. Tsonis   Location: OCS
This class includes 1 hour in the area of Working with Mixed Age Groups.
Relationship-building starts in early infancy. Discuss your role in supporting social-emotional development, and identify positive methods of self-regulation.

new! **SEFEL: Supportive Environments and Responsive Routines for Infants and Toddlers** ▲
Wed. April 6   6:30 - 9:30 pm   ALL Levels
Core Credit: 3 hrs CUR   Ages: All
$20   Instr: J. Johnson   Location: OCS
It is important to understand how a child care environment impacts social-emotional development of infants and toddlers. Examining and adjusting your environment, as well as planning responsive schedules and routines, will help to enhance very young children's social-emotional development.

new! **Culture, Learning, and Development**
Mon. April 11   6:30 - 8:30 pm   ALL Levels
Core Credit: 2 hrs (1 CD + 1 CUR)   Ages: I/T
$15   Instr: J. Johnson   Location: OCS
A caregiving environment that is in harmony with a child's culture at home provides children with a clear message about who they are. Children acquire this understanding through everyday routines and activities. Examine how culture influences development, and how child care practices reflect cultural beliefs.

Infant/Toddler Module 12: Language and Literacy Development
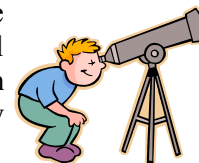Tues. April 12   6:30 - 9:30 pm   ALL Levels
Core Credit: 3 hrs (1.5 CD + 1.5 CUR)   Ages: I/T
$15*   Instr: L. Tsonis   Location: OCS
This class includes 1 hour in the area of Working with Mixed Age Groups.
Discuss how to engage in communication with newborns; age-appropriate expectations for development of language; and how to build on a child's current capabilities.

Scientific Thinking for Preschoolers: MMSR Domains
2 Weds, April 13 & 27   6:30 - 9:30 pm   ALL Levels
Core Credit: 6 hrs (4 CUR + 2 CD)   Ages: PS
$20*   Instr: C. Bethke   Location: OCS
Participants must attend both evenings to receive credit.
Chemistry, physics, biology...how can they be included in a preschool program? Encourage active investigation of the natural and physical world, and develop the know-how to teach these concepts in a developmentally appropriate way.

Understanding ADHD
Thurs. April 14   6:30 - 8:30 pm   ALL Levels
Core Credit: 2 hrs SN   Ages: PS
$15   Instr: C. Goldsborough   Location: OCS
Get an overview of Attention Deficit Hyperactivity Disorder, including myths and truths associated with ADHD, red flags to watch for, what to do if you suspect a child may have ADHD, and strategies to use to help children with ADHD be successful.

Medication Administration
Sat. April 16   8:30 - 3:00 pm   ALL Levels
Core Credit: 6 hrs HSN   Ages: All
$50   Instr: C. Kemp   Location: OCS
This MSDE-designed workshop will teach how to administer medication to children. Learn how to give oral, topical, inhaled, and emergency medicines to infants and children; how to keep accurate records; regulations for hygiene, safety, and measurement. Bring a bagged lunch. Class begins with a brief quiz on basic math and English reading skills that you must pass in order to stay for the class; if this is a concern, call 410-313-1923 to discuss.

Emergency and Disaster Preparedness
Mon. April 18   9:00 am - 3:30 pm   ALL Levels
Core Credit: 6 hrs (3 PRO + 3 HSN)   Ages: All
$30   Instr: L. Tsonis   Location: OCS
*Meets the 6-hour COMAR requirement for centers, family providers, and
family child care applicants.*
In this class, participants will discuss and develop written plans specific to their programs for use when disaster occurs. Topics include medical emergencies, natural disasters, community issues, and technological hazards. Written plans will address special needs, parent notification, sheltering and evacuation, resources, etc.

new! Discovering the Meaning of Children's Behaviors
Mon. April 18   6:30 - 9:30 pm   ALL Levels
Core Credit: 3 hrs CD   Ages: PS
$20   Instr: E. Stinchcomb   Location: OCS
Observation is the key to understanding each child's behavior. Explore observation methods that will help you focus on the function and meaning of behaviors, and work out some methods of observation that are easy to use while you are teaching.

Medication Administration
Tues. April 19   9:00 - 3:30 pm   ALL Levels
Core Credit: 6 hrs HSN   Ages: All
$50   Instr: C. Kemp   Location: OCS
See description on page 5.

**new! SEFEL: Encouraging Social-Emotional ▲
Skills of Infants and Toddlers**
Wed. April 20   6:30 - 9:30 pm   ALL Levels
Core Credit: 3 hrs (2 CD + 1 CUR)   Ages: I/T
$20   Instr: J. Johnson   Location: OCS
Emotional literacy is an important part of a child's development, and it starts with responsive caregiving. Identify strategies to build the social skills of infants and toddlers, and support their emotional literacy.

Effective Communication with Families
Mon. April 25   6:30 - 9:30 pm   ALL Levels
Core Credit: 3 hrs (2 COM + 1 PRO)   Ages: All
$20   Instr: Staff   Location: OCS
Examine communication practices that will enhance your interaction with families. Discuss how to establish partnerships that will benefit everyone. Learn how your interactions can affect a child's self-esteem.

Infant/Toddler Module 13: Cognitive Development
Tues. April 26   6:30 - 9:30 pm   ALL Levels
Core Credit: 3 hrs (1.5 CD + 1.5 CUR)   Ages: I/T
$15*   Instr: L. Tsonis   Location: OCS
This class includes 1 hour in the area of Working with Mixed Age Groups.
Examine how infants and toddlers explore the world around them as they begin the foundational learning for all domains. Learn to plan for individual skill levels.

new! My World: Social Studies for Young Children
Thurs. April 28   6:30 - 8:30 pm   ALL Levels
Core Credit: 2 hrs CUR   Ages: PS
$15   Instr: D. Wood   Location: OCS
Create meaningful activities for your children based on their interests in themselves, their families, their classmates, their communities, their country, and the world.

Infant/Child and Adult CPR Certification
Sat. April 30   9 am - 12 noon   ALL Levels
Certification Only (no Core of Knowledge credit)
$40   Instr: PPM   Location: OCS
Acceptable for licensing, certified by the American Heart Association, and good for two years.

First Aid Certification
Sat. April 30   12:30 pm - 4:30 pm   ALL Levels
Certification Only (no Core of Knowledge credit)
$40   Instr: PPM   Location: OCS
Acceptable for licensing, certified by the American Heart Association, and good for two years.

May 2011

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22	23	24	25	26	27	28
29	30	31				

FCCP: Child Development Module *(Baby to Bigger Steps)*
Mon. May 2   5:45 - 9:45 pm   Initial Training
Core Credit: 4 hrs CD   Ages: All
$20   Instr: S. Peyser   Location: OCS
This class is part of the Initial Training Series, required for family child care applicants and also open to current family providers for renewal credit.
This workshop covers basic child development concepts including stages of growth and development, leading child theorists, and an overview of learning theories.

Infant/Toddler Module 14: Physical Development
Tues. May 3   6:30 - 9:30 pm   ALL Levels
Core Credit: 3 hrs (1.5 CD + 1.5 CUR)   Ages: I/T
$15*   Instr: L. Tsonis   Location: OCS
This class includes 1 hour in the area of Working with Mixed Age Groups.
Discover and celebrate growing infants and toddlers as they begin critical tasks such as rolling over, crawling, walking, and running! Learn to support physical development through activities, parent support, and other strategies.

Register online! www.howardcountymd.gov/children

SIDS: Sudden Infant Death Syndrome
Wed. May 4   6:30 - 8:30 pm   ALL Levels
Core Credit: 2 hrs HSN   Ages: I/T
$10   Instr: C. Lunn   Location: OCS
A SIDS class is required for family child care applicants and for any family provider seeking to become licensed for infant care.
SIDS is the sudden, unexplained death of a healthy infant under 12 months. The cause of SIDS is unknown, but there are ways to make babies in your care safer.

new!   Making Story Time Come Alive
Thurs. May 5   6:30 - 9:30 pm   ALL Levels
Core Credit: 3 hrs CUR   Ages: PS
$20   Instr: D. Wood   Location: OCS
Quality picture books invite children to participate in the storytelling experience! Discuss selecting and presenting quality children's literature, and experience a variety of follow-up activities that will help make the stories real.

Medication Administration
Sat. May 7   8:30 - 3:00 pm   ALL Levels
Core Credit: 6 hrs HSN   Ages: All
$50   Instr: C. Fleming   Location: OCS
See description on page 5.

new!   SEFEL: Understanding and Responding to
Infant/Toddler Behaviors
Mon. May 9   6:30 - 9:30 pm   ALL Levels
Core Credit: 3 hrs (2 CD + 1 CUR)   Ages: I/T
$20   Instr: J. Johnson   Location: OCS
Even infants and toddlers sometimes exhibit challenging behaviors, but it can be difficult to know how to respond. Learn ways to intervene and stop challenging behaviors while still maintaining your dedication to developing the social-emotional skills of young children.

Infant/Toddler Module 15: Problem Solving
Tues. May 10   6:30 - 9:30 pm   ALL Levels
Core Credit: 3 hrs (1.5 CD + 1.5 CUR)   Ages: I/T
$15*   Instr: L. Tsonis   Location: OCS
This class includes 1 hour in the area of Working with Mixed Age Groups.
Infants begin to problem-solve from birth, observing caregivers, peers, and everything around them. Learn how young children use their own observations and investigations and how you can create an environment to support problem-solving.

FCCP: Community Module (*Planting the Seed*)
Wed. May 11   5:45 - 9:45 pm   Initial Training
Core Credit: 4 hrs COM   Ages: All
$20   Instr: C. Goldsborough   Location: OCS
This class is part of the Initial Training Series, required for family child care applicants and also open to current family providers for renewal credit.
This workshop will focus on developing and maintaining relationships with children, families, and the community.

FCCP: Health & Safety Module (*Keeping Kids Fit & Safe*)
Thurs. May 12   5:45 - 9:45 pm   Initial Training
Core Credit: 4 hrs HSN   Ages: All
$20   Instr: M. Conway   Location: OCS
This class is part of the Initial Training Series, required for family child care applicants and also open to current family providers for renewal credit.
Learn the basic concepts of health, safety, and nutrition for family care programs. Topics include emergency preparedness, menu planning, and specific issues of concern for the health and safety needs of young children.

FCCP: Professionalism Module (*Keeping It Real!*)
Mon. May 16   5:45 - 9:45 pm   Initial Training
Core Credit: 4 hrs PRO   Ages: All
$20   Instr: C. Goldsborough   Location: OCS
This class is part of the Initial Training Series, required for family child care applicants and also open to current family providers for renewal credit.
Explore and understand specific concepts and practices that will lay the foundation for a successful program, including supervision, abuse/neglect, appropriate guidance, record keeping, marketing, contracts, and policies and procedures.

Introduction to the Maryland Credential
Tues. May 17   6:30 - 8:30 pm   ALL Levels
Core Credit: 2 hrs PRO   Ages: All
$10*   Instr: J. Johnson   Location: OCS
If you've worked with young children for at least a year, you can earn a bonus by submitting your training and volunteer hours in early childhood professional development to the MSDE Office of Child Care. We will help you do it!

FCCP: Curriculum Module (*Planning for Success!*)
Wed. May 18   5:45 - 9:45 pm   Initial Training
Core Credit: 4 hrs CUR   Ages: All
$20   Instr: C. Goldsborough   Location: OCS
Participants will gain a better understanding of the components of a family child care curriculum, how to create a developmentally appropriate curriculum, and how to plan and design a family child care home.

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director's 45 hour class - would you be interested?

We are considering offering the Director's 45-Hour Certificate Series this summer or fall; classes would be scheduled during the day on weekdays. This class is only appropriate for those interested in working as a Center Director - it is not meant for Family Child Care Providers.

If you think you may be interested, please contact Lacey Tsonis by April 29 (410-313-1923 or ltsonis@howardcountymd.gov). She'll keep everyone updated on the class schedule and cost.

Register online! www.howardcountymd.gov/children

new!

Summary Holiday Activities and Crafts

Thurs. May 19	6:30 - 9:30 pm	ALL Levels
Core Credit: 3 hrs CUR		Ages: PS/SA
$25	Instr: D. Bures-Walker	Location: OCS

This class includes 1 hour in the area of Working with Mixed Age Groups.

Summer holidays are a wonderful time to have fun with children and to offer new opportunities for easy craft projects. Discover new ideas, and maybe even a new holiday or two! Includes a $5 materials fee.

Infant/Child and Adult CPR Certification

Sat. May 21	9 am - 12 noon	ALL Levels
Certification Only (no Core of Knowledge credit)		
$40	Instr: PPM	Location: OCS

See description on page 6.

First Aid Certification

Sat. May 21	12:30 pm - 4:30 pm	ALL Levels
Certification Only (no Core of Knowledge credit)		
$40	Instr: PPM	Location: OCS

See description on page 6.

new!

SEFEL: The Effects of Challenging Infant/Toddler Behaviors

Mon. May 23	6:30 - 9:30 pm	ALL Levels
Core Credit: 3 hrs (2 CD + 1 CUR)		Ages: I/T
$20	Instr: J. Johnson	Location: OCS

The challenging behaviors of infants and toddlers affect everyone around them, especially caregivers. Learn to understand these effects so that you can develop appropriate responses and enlist the help of a child's family.

The Arts for Preschoolers: MMSR Domains

2 Tues, May 24 & 31	6:30 - 9:30 pm	ALL Levels
Core Credit: 6 hrs (4 CUR + 2 CD)		Ages: PS
$20*	Instr: C. Bethke	Location: OCS

Participants must attend both evenings to receive credit.

Music, dance, creative movement, and visual arts are all parts of a well-rounded arts program. Consider how children express their imagination and appreciation for the arts, and how you can support and encourage their emerging skills!

Recognizing and Reporting Child Abuse

Wed. May 25	6:30 - 9:30 pm	ALL Levels
Core Credit: 3 hrs (2 HSN + 1 COM)		Ages: All
$10	Instr: C. Lunn	Location: OCS

This class includes 1 hour in the area of Working with Mixed Age Groups.

Learn how to recognize signs of abuse, and how to report suspected abuse in Howard County. Discuss ways you can help prevent abuse in your community.

FCCP: Special Needs Module *(Making it Work for All)*

Thurs. May 26	5:45 - 9:45 pm	Initial Training
Core Credit: 4 hrs SN		Ages: All
$20	Instr: Staff	Location: OCS

This class is part of the Initial Training Series, required for family child care applicants and also open to current family providers for renewal credit.

Basic concepts of inclusive care for family providers. Topics include the Americans with Disabilities Act and how it applies to child care, plus health, behavioral, and developmental issues that must be addressed.

June 2011

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Why Teach Science?

Wed. June 1	6:30 - 9:30 pm	ALL Levels
Core Credit: 3 hrs CUR		Ages: PS
$20	Instr: S. Peyser	Location: OCS

Science can seem too complicated to teach in a preschool or family child care. Learn ways to connect science learning with concepts that are appropriate for young children, how to link literacy to math and science, and enhance your program with fun and engaging hands-on science activities.

Fabulous Physical Development for Preschoolers

Thurs. June 2	6:30 - 9:30 pm	ALL Levels
Core Credit: 3 hrs (1 each CD, CUR, HSN)		Ages: PS
$20	Instr: C. Bethke	Location: OCS

Physical development is an essential part of a child's wellbeing. Learn exciting ways to help children develop gross motor skills, which help a child to balance and coordinate movement, and fine motor skills, which lay the foundation for writing, artistic expression, and self-care.

Project Security Blanket

Sat. June 4	8:30 - 3:00 pm	ALL Levels
Core Credit: 6 hrs (3 PRO + 3 HSN)		Ages: All
$15*	Instr: J. Johnson	Location: OCS

This workshop meets the 6-hour COMAR requirement effective July 1, 2010, for centers, family providers, and family child care applicants.

Develop a comprehensive plan to follow when a disaster occurs. Natural disasters, medical emergencies, technological hazards, and family/community concerns (disgruntled parents, missing children) will be covered. Ensure that your plan addresses special needs, notifying parents, sheltering, evacuation, and other possibilities!

Register online! www.howardcountymd.gov/children

new!
Developmental Delays
Mon. June 6	6:30 - 9:30 pm	ALL Levels
Core Credit: 3 hrs (2 SN + 1 CD)		Ages: All
$20	Instr: Project ACT	Location: OCS

This class includes 1 hour in the area of Mixed Age Groups.

Review characteristics of typical child development from birth to age five, discuss red flags, developmental screening tools, developmental delays, and adaptations to use in your program that can help children who face challenges due to developmental delays.

Time Management Strategies
Tues. June 7	6:30 - 9:30 pm	ALL Levels
Core Credit: 3 hrs PRO		Ages: All
$15	Instr: L. Tsonis	Location: OCS

Understand why we procrastinate, and some strategies to overcome it. Learn how easy it can be to implement time management systems, and examine sample planning tools. Learn to better manage your personal and professional time, so you can have more time to do the things you love!

new!
Cooperative Games
Wed. June 8	6:30 - 9:30 pm	ALL Levels
Core Credit: 3 hrs CUR		Ages: PS/SA
$20	Instr: D. Bures-Walker	Location: OCS

This class includes 1 hour in the area of Mixed Age Groups.

Games are a creative way to build social skills. Come learn the value of cooperative play, and try out a variety of games that encourage co-active play. Learn how to adapt games you already know and love to make them more cooperative!

new!
Understanding & Guiding Young Gifted Learners
Mon. June 13	6:30 - 9:30 pm	ALL Levels
Core Credit: 3 hrs (2 SN + 1 CUR)		Ages: PS
$20	Instr: E. Stinchcomb	Location: OCS

Children who are bright or gifted can easily become bored, and begin exhibiting challenging behaviors. Understanding a gifted child's needs helps not only the child, but also the teacher to ensure appropriate behaviors and a fun day.

Think Differently: Appreciating Multiple Intelligences
Tues. June 14	6:30 - 9:30 pm	ALL Levels
Core Credit: 3 hrs CD		Ages: All
$20	Instr: J. Smetak	Location: OCS

This class includes 1 hour in the area of Working with Mixed Age Groups.

We all learn, and we are all "smart" in different ways. Learn to recognize diverse learning styles, and develop strategies to help you teach to children's strengths by using a Multiple Intelligences approach.

Creating Literacy-Rich Environments
Wed. June 15	6:30 - 9:30 pm	ALL Levels
Core Credit: 3 hrs (2 CUR + 1 PRO)		Ages: PS
$20	Instr: S. Peyser	Location: OCS

Learn why a literacy-rich environment is so important for young children. Discuss ways to incorporate literacy activities across your curriculum, and how a print-rich environment helps children make connections between spoken and written language.

new!
Good-For-You Food Fun
Thurs. June 16	6:30 - 9:30 pm	ALL Levels
Core Credit: 3 hrs HSN		Ages: All
$20	Instr: D. Wood	Location: OCS

This class includes 1 hour in the area of Working with Mixed Age Groups.

Beginning with Nutrition Bingo, participants get a hands-on approach to learning about what goes into the food we eat. Try out some recipes that are easy enough for young children to help with, discuss food attitudes, and explore follow-up activities such as field trips, books, and dramatic play.

Infant/Child and Adult CPR Certification
Sat. June 18	9 am - 12 noon	ALL Levels
Certification Only (no Core of Knowledge credit)		
$40	Instr: PPM	Location: OCS

See description on page 5.

First Aid Certification
Sat. June 18	12:30 pm - 4:30 pm	ALL Levels
Certification Only (no Core of Knowledge credit)		
$40	Instr: PPM	Location: OCS

See description on page 5.

Mix It Up: Working with Mixed Age Groups
Tues. June 21	6:30 - 9:30 pm	ALL Levels
Core Credit: 3 hrs (1.5 CD + 1.5 CUR)		Ages: All
$20	Instr: C. Bethke	Location: OCS

This class includes 3 hours in the area of Working with Mixed Age Groups.

Working with a group of children who are different ages presents child care providers with unique challenges and opportunities. Learn strategies to overcome challenges, create daily schedules, and meet the needs of each child.

new!
Organizing Your Child Care
Thurs. June 23	6:30 - 9:30 pm	ALL Levels
Core Credit: 3 hrs PRO		Ages: All
$20	Instr: D. Bures-Walker	Location: OCS

Organizing your child care, whether as a family provider or at a center, is an ongoing challenge! How do you keep up with paperwork, store toys and supplies neatly, and still find time to provide quality care? Come learn a few tips and tricks to make your caregiving experience more manageable.

Medication Administration
Sat. June 25	8:30 - 3:00 pm	ALL Levels
Core Credit: 6 hrs HSN		Ages: All
$50	Instr: C. Kemp	Location: OCS

See description on page 5.

Register online! www.howardcountymd.gov/children

Training Requirements

Family Child Care - New Applicant

- All 6 4-hour Initial Training Modules
- 6-hour class in Emergency and Disaster Preparedness
- Infant/Child/Adult CPR Certification and First Aid Certification
- SIDS: Sudden Infant Death Syndrome

For more information on the Initial Training Series and a schedule of when it is offered, please call 410-313-1940 or visit www.howardcountymd.gov/children. For information on Orientation classes and other licensing requirements, call OCC at 410-750-8771.

Family Child Care - First Renewal Year:

- 3 hours training in each of 4 areas: Child Development, Mixed Age Groups, Health/Safety/Nutrition, Emergency Preparedness
- 6 additional hours of approved training in any area
- current First Aid and CPR certifications

For more information on training requirements, call your OCC Licensing Specialist, 410-750-8771.

Family Child Care - After First Renewal:

- 6 hours training in Training Track I: Core of Knowledge or Track II: Administrative
- 6 additional hours of approved training in any area
- current First Aid and CPR certifications

For more information on training tracks and requirements, call your OCC Licensing Specialist, 410-750-8771.

Child Care Center Staff

For current staff staying in the same positions:

- Aide/Assistant   6 hours per year
- Child Care Teacher   12 hours per year
- Child Care Director   12 hours per year

New hires and staff moving to new positions are subject to additional requirements. Please contact Joan Johnson, Technical Assistance Specialist, for information on specific requirements for each position: 410-313-1432 or jmjohnson@howardcountymd.gov.

Grants and Financial Assistance

Grant Funding Keeps Our Prices Low: Many of our workshops are offered at a reduced cost thanks to grants from MSDE and MFN. Grant-supported workshops are indicated by an asterisk (*) next to the price. Other financial assistance opportunities include:

The **Family Child Care Provider Grant Program** offers up to $500 for training fees and start-up costs. Call your OCC Licensing Specialist at 410-750-8771.

Scholarships may be available for eligible Howard County residents through a partnership with Howard Community College. Scholarship opportunities include the 54-hour MMSR series and Family Child Care Initial Training. Call 443-518-4049 for information.

If you have been in the child care field for at least 1 year, you can begin working towards the **Maryland Credential**. Credentialed providers can receive cash bonuses and up to $400 per year for training reimbursements. Call 410-313-1432 for information.

Training Classes are Tax Deductible: Training costs can be listed as tax deductions on your federal and state income taxes.

Training Calendar Codes

Workshop Locations: Most classes are in our OCS training room, but sometimes we use other spaces.
  OCS: 3300 N. Ridge Rd., Suite 360, Ellicott City
  Bain Center: 5470 Ruth Keeton Way, Columbia
  Gateway: 6751 Columbia Gateway Dr., Columbia
  Extension: 3300 N. Ridge Rd., Suite 240, Ellicott City

Core of Knowledge Codes:

CD: Child Development	PRO: Professionalism
COM: Community	HSN: Health/Safety/Nutrition
CUR: Curriculum	SN: Special Needs

Ages: Each workshop covers material that applies to different ages of children. The Ages code indicates the ages that will be covered:
  I/T: Infant and Toddler   SA: School Age
  PS: Preschool   All: All Ages are included

Workshop Levels: A few workshops are intended for providers with specific levels of experience: **ALL (**All providers are welcome); **Initial Training (**Required for Family Care Applicants); **Beginning** (providers with 1 year or less of experience); **Intermediate** (a few years of experience); and **Advanced** (in the field for several years).

Howard Community College Courses

HCC offers credit and non-credit classes for child care professionals, including the 45- and 90-hour classes required for some center staff. Classes are offered at the HCC campus in Columbia and at the Laurel College Center. For information on upcoming credit and non-credit classes, see www.howardcc.edu. Scholarships are available in some cases; call Kristin Navarro at 443-518-4049 for more information.

Child Care Certification II: Curriculum	MWF	Mar 28 - May 13
Communication Skills for Child Care Professionals	F	Apr 8 - Apr 29
School Age Child Care: Curriculum	ONLINE	Apr 26 - Jun 07
Child Care Administration	TTh	Apr 26 - Jun 16
English for Child Care Providers	T	May 3 - May 24
Child Care Certification I: Growth and Development	ONLINE	May 14 - Jun 28
Child Care Aide	S	May 21
Child Care Certification I: Growth and Development	TWTh	May 31 - July 7

HCC also offers scholarships for Howard County residents who apply for college credit or noncredit coursework and textbooks for the 90-hour Preschool and the 45-hour Infant/Toddler or School Age Certifications. Call 443-518-4049 for more information.

Registration and Participation Policies

- **Registration is on a first-come, first-served basis.** Confirmation notices will be e-mailed to those who pre-register. If you do not receive a confirmation email, please contact 410-313-1940 to confirm that your registration has been received.

- **Pre-registration is required** for all workshops. We must receive your registration before the workshop date. **Same-day registrations** may be accepted by phone before 4 pm on the day of the workshop if space permits; call for information on space availability. Same-day registrations will be charged a $10 fee in addition to the cost of the class. **Walk-ins will not be accepted.** Please do not expect to walk-in to any workshop unless your attendance was approved by OCS staff before 4 pm.

- **Payment Types and Fees:** You may register online (credit cards only), by phone (credit cards only), by mail (credit card, check, or money order), or in person at our office (credit card, check, money order, or cash). Credit card charges will appear on your statement as Howard County Gov. There is a $25 service fee for returned checks. A service fee will be applied to all refunds with the exception of those due to OCS cancellation.

- **Change or Cancellation of a Class & Refund Policy:** If you cannot attend a workshop you have registered for, notify us at least 24 hours in advance in order to receive credit for a future workshop. Credits will expire 12 months after they are created. Refunds will not be given unless OCS cancels the workshop. OCS reserves the right to change the location or instructor of a workshop when necessary. If a workshop is cancelled due to weather, instructor illness, etc., participants will be notified by phone by 3 pm the day of the workshop. When the weather is in question, call 410-313-1767 to learn the status of the workshop. If possible, we will reschedule the class and make an attempt to notify all registered participants by phone and/or e-mail.

- **Late Arrival to Workshops:** Workshops begin at the time stated in the calendar. Plan to **arrive 10 – 15 minutes early** to sign in. If you arrive after the workshop begins, you may stay for informational purposes only. You will not be eligible for a certificate, a refund, or credit for the workshop cost. Instructors may choose to deny entrance to participants who arrive after the class begins.

- **Assessments and Certificates:** Trainers will administer assessments in written or verbal form at each workshop. **Certificates will be mailed to participants** after their assessment scores have been validated, usually within two weeks. No certificates will be distributed at trainings. All workshops are open to the public and are approved by OCC under training license CKO-3733.

- **Replacement Training Certificates** must be requested in writing and a $5 fee per certificate will be charged.

- **Workshops are designed for adults only**; please make proper child care arrangements in advance.

- **Need special accommodations?** Call 410-313-1940 in advance if you will need assistance at the workshop.

Office of Children's Services Workshop Registration Form

or register online at **www.howardcountymd.gov/children**

Name	**Mailing Address** (must match your credit card billing address)
	Street Address:
Daytime Phone	City, State, Zip:
Email Address (confirmations are emailed)	**Date of Birth**

☐ **Family Child Care**   ☐ **Center/Preschool:** _____
☐ **Parent**   ☐ **Head Start**   ☐ **Other:** _____

Date of Workshop	Title of Workshop	Cost of Workshop

Payment By Check or Money Order	**Payment By Credit Card**	**Total Payment**
Enclose your check or money order made out to Director of Finance.	Card Number: _____ _____ _____ _____ Expiration Date: _____ / _____ Name on Card: _____ (Billing address must match your mailing address above.)	$ _____ **Mail to:** Howard County OCS 3300 N. Ridge Rd. Suite 380 Ellicott City, MD 21043

Howard County Office of Children's Services, Part of the Department of Citizen Services

3300 N. Ridge Rd Ste. 380
Ellicott City, MD 21043
Phone: 410-313-1940
www.howardcountymd.gov/
children

Email: childcare@
howardcountymd.gov

Open 8:00 to 5:00
Mon - Fri

MARYLAND CHILDCARE RESOURCE NETWORK

Member agency of the Maryland Child Care Resource Network with funding provided by the Maryland State Department of Education

The Nest is published quarterly by the Office of Children's Services. Please feel free to copy and distribute this publication. Available in alternative formats upon request.

Need help with a child in your care? Get help from
The CARE Center

The CARE Center can help you work with children in your child care program who are having behavioral or emotional difficulties. Learn how to help a child who:

- seems anxious or fearful
- has problems sharing
- bullies or bites other children

- has trouble following directions
- is hard to soothe or comfort
- has trouble forming relationships

CARE Center services for child care professionals can include:

- Advice and resources by phone
- Support and intervention for you and the child's family
- On-site observation and consultation for challenging behaviors
- On-site training for program staff or reduced-cost training for family providers
- Specialized services for Spanish-speaking children and families

410-313-CARE (2273)

The Nest and Training Calendar - April, May, and June 2011

Howard County Office of Children's Services
3300 N. Ridge Rd., Suite 380
Ellicott City, MD 21043

HOWARD COUNTY Child Care Resource Center